

## YWCA Presents Self-Defense Class STARTS OCTOBER 6 (New date)

Michael Bucy will teach a self-defense class for adult women and men 5:30 to 6:30 p.m. on Wednesdays, October 6 to November 10, at the YWCA, 605 N. 6<sup>th</sup> Street, Lafayette. High school age and up are welcome. The class was designed to optimize the advantages a small person has over a larger and more powerful attacker. The class does not involve calisthenics, stretches, or exercises, other than practicing the techniques presented by the instructor. The program will include learning how to make the transition between techniques when one technique does not work and you need to try another one. The cost to participate is \$18 for YWCA members and \$45 for non-members. **Register by October 4.** Call 765-742-0075. Bucy holds a 3rd degree Black Belt in a Japanese form of martial arts called Ryukyu Kempo that involves pressure points. He also holds Black Belts in other forms, including Small Circle JuJitsu. He has trained under 7th degree Master Will Higginbotham and international experts such as Wally Jay, George Dillman, Seiyu Oyata, and the late Remy Presas.

# self- defense



## Starts October 6 at the YWCA

### what:

This class, taught by Michael Bucy, was designed to optimize the advantages a small person has over a larger and more powerful attacker. There are no calisthenics and no exercises other than practicing the techniques - subtle moves that the attacker is not expecting and that therefore throw him off balance, allowing you to escape. There are no stretches. There is nothing tedious, painful, boring or un-fun about this class! The emphasis is on having fun and enjoying the learning experience. The more skills you have in your arsenal, the better. If one technique is not working you should have another at the ready into which you can smoothly transition. We will practice that transition. From time to time we will need to get serious for a moment to remind ourselves why we are here. There will be serious discussions on how not to be a victim and what to do if you are. After the very first class you will walk out feeling more confident and safe than you did walking in.

### when:

Wednesdays, 5:30-6:30 p.m.  
October 6-November 10, 2010

### where:

YWCA, 605 N. 6th Street, Lafayette

### cost:

\$18 for YWCA members  
\$45 for non-members

### registration:

Register by October 4. Call 765-742-0075.

### about the teacher:

Michael Bucy has a 3rd degree Black Belt in Ryukyu Kempo and holds Black Belts in other martial arts, including Small Circle JuJitsu.

### additional info:

This class is for adults. High school age and up are welcome. Please wear comfortable clothes.

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YWCA Greater Lafayette  
605 N. 6th Street  
Lafayette, IN 47901  
765-742-0075  
[www.ywca.org/lafayette](http://www.ywca.org/lafayette)  
A United Way Agency

eliminating racism  
empowering women  
**ywca**

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